

**Abstrakt:**

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**Title:** Modern fitness systems in outpatient physiotherapy

**Objectives:** The main goal of this work is to describe a fitness systems that can be part of the therapy patients and to determine what these systems are used in physiotherapy.

**Methods:** The research was conducted per a survey. I sent e-mails physiotherapists along with a request to fill. Regardless of the type of facility in which they work, age and length of experience. Survey consisted of two parts, demographic and special. Total survey questionnaire was completed by 137 physiotherapists.

**Results:** The most commonly used system was Bosu. In addition to the described systems are still using TRX system, trampolines, functional circuit training and jungle. Other systems in the results are initially therapeutic systems and their use in fitness centers is low. They were also given access systems such as zumba, piloxing, cross fit, spinning and others. Their use during therapy did not show.

**Keywords:** yoga, pilates, kettlebell, bosu, flowin